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Toronto metro

Your essential daily news | MONDAY, OCTOBER 19, 2015 High 13°C/Low 10°C Cloudy

GET OUT AND...

The federal election is upon us

Ready to engage Time for Canadians to have their say. Coverage, pages 8, 9, 10, 11 & 15

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Canada's Lanni Marchant qualifies for Rio Olympics at Toronto marathon. **Sports**

WWMSD: What would Marcus Stroman do?

JAYS 2015

Pitcher can help fans show emotion while staying classy

Ethan Rotberg
For Metro | Toronto

During the 7th inning of Game 5 of the Division Series — already coined The Inning — fans at the Rogers Centre emphatically lost their cool.

After a confusing call from the umpire, fans threw garbage onto the field, players were ejected from the game and crying mothers shielded babies from beer cans hurled by upper deck hooligans.

As Jays fans head back to the Rogers Centre tonight for Game 3 against the Kansas City Royals, they could use a refresher on how to respectfully root for the home team.

It's fortunate, then, that tonight's starting pitcher is Marcus Stroman — a player who's not afraid to show emotion but still keeps it classy.

With that in mind, let's watch Stroman on the field for some help handling our emotions while still going nuts.

UNFORTUNATE UMPIRE RULING?

Yell at the umpire, at your friend, at the TV, at that weird spot on your ceiling.

Throwing beer won't affect the outcome of the game unless the umpire forces your team to forfeit.

During The Inning, Stroman can be seen on the top step of the dugout, yelling and flailing about — but keeping his cool without getting in trouble with the umpires.

What would Stroman do? Heckle, but keep the obscenities to a minimum.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

YOUR TEAM JUST WON THE SERIES?

Sports climaxes tend to generate street celebrations. Sadly, like in Vancouver's Stanley Cup experience, they can become an excuse for breaking stuff. Going wild after a win is expected, even encouraged — nobody on the Blue Jays shows more emotion than Stroman — but let's keep the celebrations legal. What would Stroman do? Celebrate hard with your friends. Bonus points if you spray expensive champagne in their faces.

SITTING NEXT TO A KANSAS CITY FAN?

Unfortunately, fighting between opposing fans isn't rare at sporting events where beer is as entrenched as peanuts and cracker jacks. Besides, what kind of monster wouldn't be rooting for the Blue Jays? You might be tempted to give a Royals fan a piece of your mind today, but like Stroman, try to keep a perspective on what's important. Remember: We're all in this together. What would Stroman do? Embrace your neighbour.

THE CANADIAN PRESS

STAR PLAYER HITS A CLUTCH HOME RUN?

Stroman was among the first of Jose Bautista's teammates onto the field during The Inning's iconic home run — screaming, jumping, laughing and dancing. Unfortunately, many fans continued to hurl garbage onto the turf.

What would Stroman do?

Cheer loudly, but hold onto your expensive stadium food.

THE CANADIAN PRESS

A scene from Josh Donaldson's photo shoot with Roots.
COURTESY ROOTS CANADA

JOSH DONALDSON

Blue Jay now a model

If Josh Donaldson ever strikes out in, well, baseball, he's got at least one other career option waiting in the wings.

The Jays third baseman has been tapped as a model for Roots — showing off the iconic Canadian company's Blue Jays Awards Jacket in a photo shoot.

The jacket is part of a special line of Jays clothing, including bags and other accessories, rolled out by Roots to mark the team's first postseason appearance since 1993.

Donaldson isn't the first Blue Jays star to strut his way onto the catwalk.

Jose Bautista showed off looks from Gotstyle this summer in The Bay St. Bull.

The now noted bat-flipper also modeled — and scored a signature waistband with Silver Jeans.

METRO

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Ride refusals for woman and trainee guide dog

LAW

Left standing in the rain without a cab

Steven Goetz
Metro | Toronto

No dogs allowed.

That's the message sent loud and clear to a visiting guide dog handler when she tried to hail a cab in Toronto.

Ann Gallery claims both she and her guide dog in training, a black lab named Maddie, were left stranded in the rain last week after cabbies from Diamond and Beck Taxi, as well as an UberX driver, refused to pick her up.

"It was obvious I was hailing a cab and obvious they were empty with the light on top," she said.

Gallery hails from Vancouver and is training Maddie to be a B.C. guide dog.

By law, taxi drivers cannot refuse access to service dogs trained to help people with disabilities. The same applies to restaurants, movie theatres, airplanes and just about everywhere else.

Standing at King and John streets Thursday, Gallery managed to hail a Beck cab, only to be turned away because of the dog.

"He told me he didn't care, waved his hand and drove off," she said.

Later that day, Gallery tried ordering a ride through UberX. The driver arrived but refused to let Maddie in the car.

"I explained she is a service dog in training," Gallery said. "He said he didn't care, rolled up his window and left us standing outside in the rain."

A Diamond taxi driver also refused to drive Gallery and Maddie to the airport Friday, causing the pair to nearly miss their flight.

In every instance, Gallery said she was carrying the proper documentation and Maddie was wearing her guide dog vest.

"Either they really don't know and the companies need to do a better job at training or they don't care and they are breaking the law," she said. "I am not disabled, I am not blind, so it was just a drag for me, but someone else who needs a service animal could have a real hard time dealing with this."

Metro reached out to Diamond and Uber for comment. Neither company replied by press time.

Kristine Hubbard, manager of operations for Beck, told Metro she asked her team to identify the driver, but it would be difficult because Gallery didn't record the cab's plate number. She also said Beck drivers are told they must give rides to service dogs.

"We don't hear these kinds of complaints often and I wish we never did," she said. "Without question, and without knowing the full circumstances, it is unacceptable she was refused a ride."

> **Someone else who needs a service animal could have a real hard time dealing with this.**
> Ann Gallery

Ann Gallery and Maddie, the lab she is helping train to be a B.C. guide dog, were denied rides by Diamond and Beck taxis and an UberX driver during a visit to Toronto last week. CONTRIBUTED

LOTTERY

Record $64M for lucky winner

If you happened to buy your ticket for last night's Lotto 649 draw at an outlet in Mississauga, you should really check your numbers — you could be very wealthy.

A single winning ticket for the $64-million grand prize — the biggest lottery jackpot in Canadian lottery history — was sold in the community just west of Toronto.

There's no word yet whether it belongs to a single person or to a group of people.

A guaranteed prize of $1 million was also offered in last night's draw, and it went to a ticket holder in Quebec.

The previous Canadian lottery record was $63.4 million for a 649 draw in April 2013.

That pot was split among four ticket-holders, who each banked nearly $16 million.

As lottery fever gripped Canada ahead of last night's draw, convenience stores and lottery kiosks across the country were jammed with customers dreaming of striking it rich.

THE CANADIAN PRESS

IN BRIEF

Costco recalls Alpine Fresh snap peas

Costco Wholesale Canada is recalling Alpine Fresh brand snap peas in Ontario due to possible Cyclospora contamination. The Food Inspection Agency says there have been illnesses connected with the recall, but it was not immediately clear how many people were affected. A news release says the product contains best before dates from Oct. 15 to 29. THE CANADIAN PRESS

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A crowd gathers near the Seaton House men's shelter on George Street. A plan to demolish the shelter could place the city's homeless at risk, advocates say. CHRIS SO/TORSTAR NEWS SERVICE

Advocates fight to save Seaton House

HOMELESS

Demo will hurt community, shelter users, critics say

Steven Goetz
Metro | Toronto

The planned demolition of a downtown men's home is another blow to the city's already overburdened shelter system, homeless advocates say.

The mayor's executive committee will vote Tuesday on a plan to tear down a number of aging or abandoned properties on George Street, between Dundas and Gerrard streets.

Among them is the infamous Seaton House men's shelter, a 543-bed facility that includes a treatment program for men with severe alcohol dependency.

Although the shelter is often blamed for the neighbourhood's struggles with addiction and crime, Ontario Coalition Against Poverty organizer John Clarke says the beds it represents are vital.

"Seaton is a terrible place," Clarke said. "But if the city moves forward and closes this shelter without a viable replacement, there is a risk this becomes a process of abandonment."

The proposed redevelopment plan would replace Seaton House with a long-term care home, a 100-bed men's emergency shelter, affordable housing units, and a hub of assisted living services.

As Metro reported Friday, the city's shelter system is running at or near capacity despite council's pledge to lower occupancy rates. Demand is rising, while shelters are closing faster than the city can replace them.

The city has promised to find housing for everyone at Seaton House if the plan goes ahead, but homeless advocates are skeptical.

Clarke believes the city is trying to move shelters into suburban areas, leaving the downtown open to condo developers.

"Homeless people need a place to stay and then a food bank or a drop-in centre or to go to get identification at a government office or to access health care and all those things have to be within a short distance," Clarke said. "You're not going to be able to do that in the Rouge Valley.

"If they do manage to move all these people and the shelters out to the suburbs, they will come back downtown because they have to," he said. "They have no choice."

Padlocked fencing barriers outside a group of derelict buildings on George Street. CHRIS SO/TORSTAR NEWS SERVICE

> **The plan so far is to sink the boat and let them swim, and that is not a viable solution.**
> John Clarke

BOOK EXCERPT

Police gave Ford break on DUI: Towhey

Another day, another damning allegation excerpted from Mark Towhey's forthcoming book on Rob Ford.

Hot on the heels of a sensational excerpt published this past Wednesday by Maclean's magazine, the website Politico.com provided another sneak peek at the pages of Mayor Rob Ford: Uncontrollable on Saturday — including allegations from the ex-mayor's former chief of staff, Towhey, that Toronto police looked the other way on several occasions when Ford was pulled over driving drunk. (Torstar News Service cannot independently verify Towhey's account.)

In the second of two snippets posted on Politico.com under the collective headline The Mayor Is A F—ing Addict!, Towhey recounts how he instituted an office "policy" after one co-worker in the mayor's office watched Ford chug a 12-ounce bottle of vodka behind the wheel one day whilst giving him a lift in his infamous black Escalade: "No staffers were permitted to be in a vehicle operated by the mayor."

This wasn't the first time Towhey had heard tales of Ford drinking and driving, he writes. "Two senior members of the Toronto Police Service had told me officers had pulled over the mayor's car late at night on multiple occasions and driven him home rather than charging him for driving under the influence."

Provided with the relevant excerpts on Saturday, Toronto police spokesman Mark Pugash said he'd heard similar stories circulating before but had never been presented with any evidence that they were actually true. TORSTAR NEWS SERVICE

YMCA to move, triple in size

SCARBOROUGH

$500K gift to help construct a more useful, versatile home

Gilbert Ngabo
Metro | Toronto

For Scarborough residents in need of more community services, hope is just around the corner.

Construction is set to begin on a new YMCA on Kingston Road. Groundbreaking ceremonies for the new facility take place Tuesday at the site of the old East City YMCA.

The project is a direct result of an evaluation done by the YMCA of Greater Toronto, which determined the location did not properly meet the needs of the community, said Tim Penner, the charity's former board chair.

"We determined that the location was too small to be viable," he said, explaining the size of the facility prevented them from offering a wide range of services.

The old location, which has been closed for several years, was approximately 1,860 square metres and used to serve about 400 members. It could only provide limited programming and lacked a pool, fitness classes or a child-care space, Penner said.

> **"It really was in poor condition and needed revamping."**
> Eric Tripp, philanthropist

Once completed, the new centre will be three times bigger and serve over 5,000 members. Much of what the new facility will provide is still under discussion and will be determined by feedback from the community, said Penner.

Philanthropist Eric Tripp and his family live in the area and know the importance of the centre to the community. Together, they've made a $500,000 donation to the project.

"We hope now at least the kids in our community will get a chance to take swimming lessons," Tripp said.

The new facility is expected to be finished in 2018. Until then, members of the old YMCA can use their memberships at other locations.

An artist rendering of the new facility, which is projected to open on Kingston Road in 2018. CONTRIBUTED

Investing in a property under the sun

HOLAECUADOR IS THE BENCHMARK FOR CANADIANS

Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

Comfortable year-round **weather**, low **cost of living** (about three times lower than in Canada), an efficient and affordable **healthcare system** and benefits for retirees makes Ecuador more and more attractive to North Americans who wish to have a second home under the sun or who would literally like to retire and relocate to this marvellous part of the world.

75% SOLD

"The development on which we're currently working is a beautiful 130 acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, Vice-President Design and Construction. "It is located 60 kilometers south of Manta, the regional capital. Of the 1,700 lots on the development, there are only about 400 left unsold", he adds.

"Infrastructure is coming along quickly, and home construction is well underway, with 125 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole. Lots on HolaEcuador's Pacific coast development start at US $21,995, while construction of a two-bedroom, one-bathroom house starts at US $69,900. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

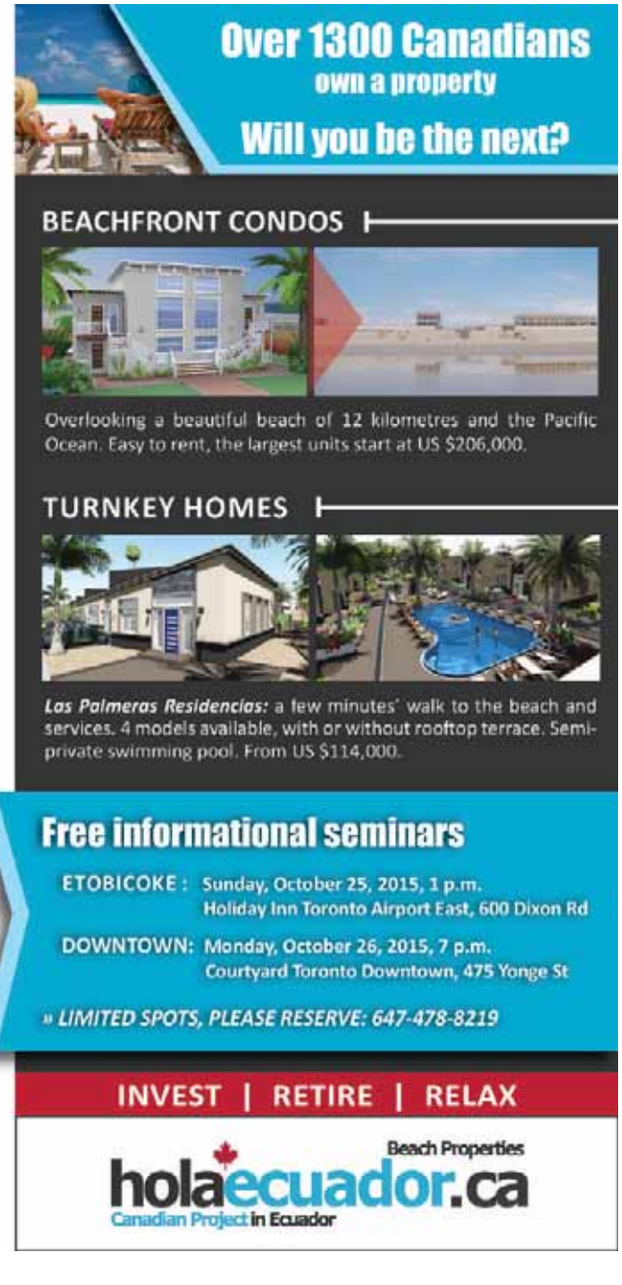
WHY ECUADOR?

- Best country in the world for retirement – *International Living, 2009-2013, 2015*
- 13th in the world for the effectiveness of healthcare – *Bloomberg Magazine, 2014*
- One of Latin America's safest countries
- Cost of living 3 times lower
- Accessible residency status
- No hurricanes

WHY HOLAECUADOR?

"With HolaEcuador, buyers have the benefit of signing a **Canadian contract** with a Canadian company and they are assured that they will fully own their deed outright", confirms Poole. "And all the documentation is provided in English, while the property is in a Spanish-speaking country. We also make sure that we work in harmony with the people of the region, their local customs and culture, and, of course, in agreement with the laws and rules of the country", he adds.

The administrative team works tirelessly to enhance its **support service** to further help those who are just taking their first steps towards international property ownership and living. "In addition to helping our clients, step by step, in their choice of a land lot and eventually in the construction of their dream home, our sales representatives can refer them to various complimentary services such as relocation and immigration", says Poole.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Low-wage airport workers to lose jobs

PEARSON

Contract will flip for the fourth time in the last decade

They're the low-wage workers helping Pearson's most vulnerable passengers.

But now, hundreds face losing their job as the airport's wheelchair handling contract is set to flip for the fourth time in a decade, the Star has learned.

According to an internal memo obtained by the Star, Toronto Ground Airport Services will lose its passenger assistance contract with the airport authority in February 2016 — despite having provided the service for less than a year.

That means up to 375 TGAS employees, who will only just have qualified to receive medical benefits with the company, will find themselves out of work and forced to reapply with whoever takes over.

"This is the fourth time that (workers have) had to start over," said Lou Pagrach, general chairperson with union IAMAW, which represents passenger assistance workers.

"It's not a nice feeling. These aren't high-paid employees. These people make $12 an hour. It's people that are scraping by," he added.

TGAS took over the wheelchair handling contract from Swissport in May — the third time the service had changed hands since 2004.

"They thought they were going to be able to get their medical benefits … they thought they were going to be able to have some stability in their lives and it's going to be thrown upside-down again," said Pagrach.

TORSTAR NEWS SERVICE

TGAS's service deal ends in February 2016.
MARCUS OLENIUK/ TORONTO STAR

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CRIME

Man stabbed after Sunday altercation

A male stabbing victim was taken to a trauma centre in serious condition after a fight early Sunday.

Toronto police and paramedics were called to the Danforth and Greenwood Avenue areas around 12:45 a.m.

According to police, approximately 20 people were involved in an altercation.

Four suspects were seen leaving the scene, but their descriptions haven't been released.

A spokesperson said the victim's injuries are not life-threatening.

Anyone with information is being asked to call 54 Division at 416-808-5400 or Crime Stoppers anonymously at 416-222-8477.

TORSTAR NEWS SERVICE

IN BRIEF

Etobicoke shooting kills man; second victim in life-threatening condition

One person is dead and another in life-threatening condition following a shooting in Etobicoke on Saturday evening.

Toronto paramedics arrived at the scene, outside of a Lone Star Texas Grill restaurant near Dixon Road and Highway 27 around 8:30 p.m.

They rushed one man to a local trauma centre while the other was pronounced dead at the scene.

TORSTAR NEWS SERVICES

Pedestrian hospitalized after crash, driver flees

A pedestrian was said to be in life-threatening condition after being struck by a vehicle in Richmond Hill around 10 p.m. on Saturday evening.

According to York Regional Police, the driver of the vehicle did not remain at the scene of the collision, near Yonge Street and King Road.

Yonge Street was shut down south of King Road in the Oak Ridges area for the ongoing police investigation.

TORSTAR NEWS SERVICES

Are you an older adult with cancer, or a caregiver of someone who is?

The Senior Toronto Oncology Panel (STOP) study wants to hear from you.

- What are your priorities for cancer research?
- How can you be involved in cancer research?

We invite you to participate in one of our public meetings or take part in the other parts of this study.

DATES: Sept 19 (St. George), Oct 17 (Mississauga) or Nov 7 (Scarborough)

LOCATION: University of Toronto Campuses

You can register online at www.senioroncologypanel.ca

OR call Martine Puts at 416-978-6059

Compensation for travel and meals provided.

A new group is looking to unite businesses — and Business Improvement Areas (BIAs) — in order to boost the suburb's profile across Toronto. COURTESY KENNEDY ROAD BIA

East end set for change

BUSINESS

Scarborough to launch new organization to shine image

Gilbert Ngabo
Metro | Toronto

A new organization is looking to give Scarborough businesses a boost.

The Scarborough Business Association, set to launch this week, will serve as an umbrella organization, bringing local business owners together for networking and growth opportunities.

"We realized that Scarborough really had to have some changes," said Marg Middleton, former general manager of Toronto Community News and president of the SBA.

Middleton said Scarborough businesses need a stronger voice across the city. She pointed to a recent Toronto tourism report that didn't mention any Scarborough attractions as an example of how the area is overlooked.

"We need to tell people what Scarborough has, and put it on the map for everyone to see," she said.

And by connecting small businesses with larger ones, Middleton hopes to create a sustainable "workforce pipeline" for local residents. There are over 23,000 registered businesses in Scarborough, she said, but three quarters of them have fewer than five employees.

> **When you live here or come visit, you can see what we really have.**
> Marg Middleton

"Those are the businesses that need help," she said. "We need the big business owners to help provide support, because it's really hard to be an independent business."

WILFRID LAURIER

Man charged for threatening university

Police in London have charged a man who allegedly posted an online threat against Wilfrid Laurier University.

The man was arrested in north London on Friday, and the charge laid Saturday. The 22-year-old, identified by police as Daniel Ransem, will appear in court Monday, facing a charge of malicious communications.

The U.K.'s Malicious Communications Act makes it illegal for anyone to send a threat with the intent to cause distress or anxiety.

The man's connection to Wilfrid Laurier, if one exists, is unknown.

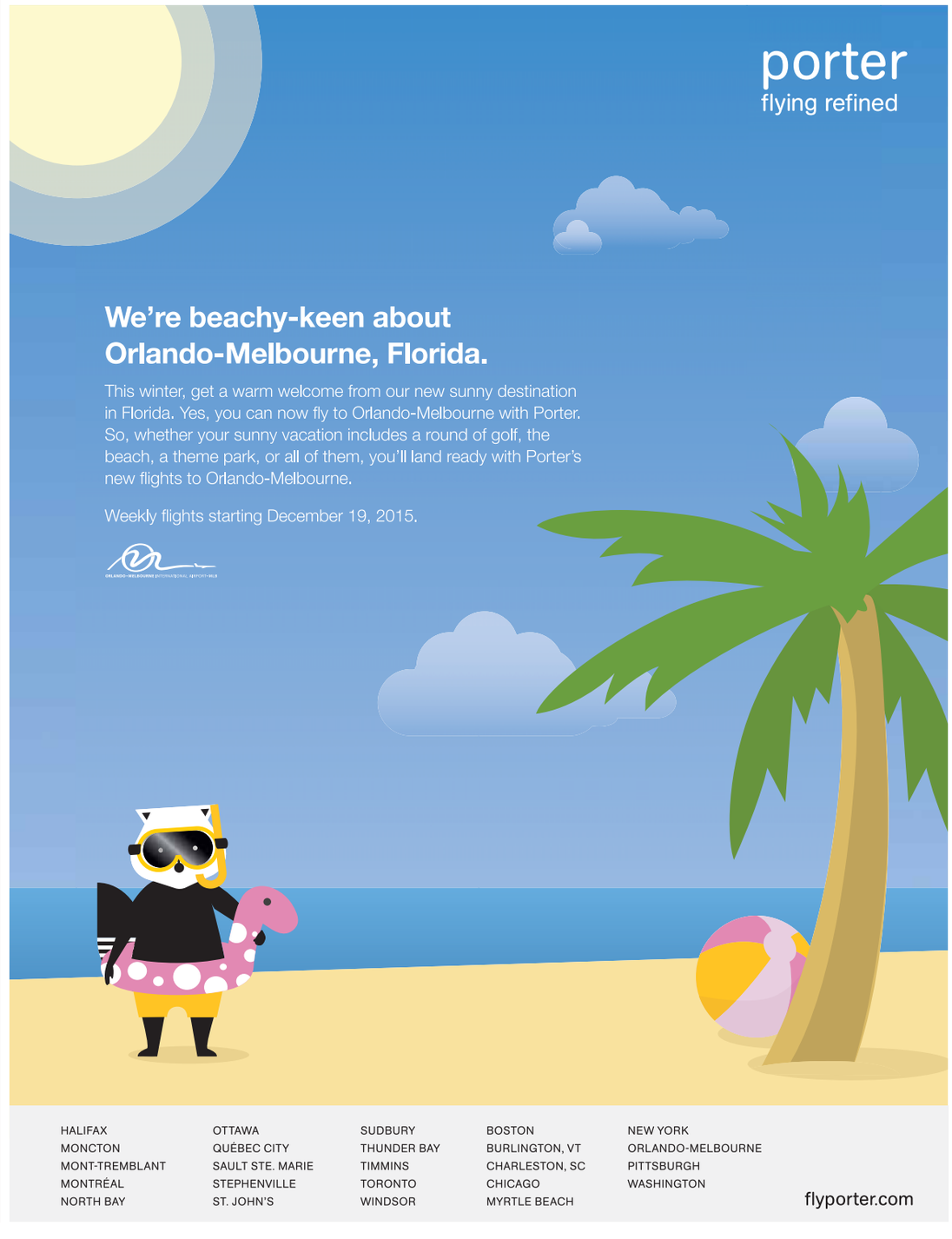
"I think that knowing that there wasn't a local threat will be a comfort to students and staff," Kevin Crowley, a Wilfrid Laurier University spokesman, said Saturday. He said there were few people on campus at the time of the lockdown, which lasted nearly six hours.

A spokesperson for police in Waterloo, home of the university's campus, says that because the threat — posted online on the message board 4chan — came from the U.K., London police have jurisdiction.

Meanwhile in Hamilton Saturday, local police investigated a threat posted online against McMaster University. Security and police presence was increased on campus after police received a tip about the threat at 1 p.m. and launched an investigation that also involved Waterloo police, Ontario Provincial Police and campus security.

By Saturday evening, police had located a 16-year-old male from Peterburgh sand determined that the threat was "unsubstantiated." The investigation is ongoing and police say charges are pending.

TORSTAR NEWS SERVICE



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July Talk dials up interest

ELECTION 2015

Band to call up citizens who can prove they got out to vote

It's probably a good thing Toronto rockers July Talk finished recording their new album this past weekend, because they could have a sizeable extra workload — not to mention monster cellphone bills — after Monday's federal election.

Singers Leah Fay and Peter Dreimanis have pledged to personally dial up and thank every single one of their fans under 25 who sends them a note this week verifying they got out and voted.

They made the announcement on Thanksgiving Monday, just in time to catch voters who made it out to the last day of advance polling, and have wound up with about 100 calls to make already.

"Yeah, we're expecting to spend a lot of time in the van on the phone," said Dreimanis on Sunday afternoon, as the band prepared to head to Halifax to kick off a 40-date North American tour on Monday.

Leah Fay and Peter Dreimanis will call you if you post, email your effort. THE CANADIAN PRESS

"Which is kinda fun, though. I'm excited to hear people's stories of voting and stuff."

The band's novel idea was hatched in response to Elections Canada statistics that showed only 38.8 per cent of eligible voters between the ages of 18 and 24 cast a ballot in the 2011 federal election. Compare that, for instance, to the 45.1 per cent of Canadians aged 25 to 34, the 64.5 per cent between 45 and 54, or the whopping 75.1 per cent aged 65 to 74 who voted in the last federal election, and it seems a rather dismal figure.

"That was a statistic that was shared with us that was kind of heartbreaking, but not surprising, as well," said Fay.

"Politics and elections can be super-alienating to a lot of people, particularly young people. So we just thought: What if we figured out some way to personally thank people for voting? And a phone call seemed like the easiest way."

"These are voices that really matter," added Dreimanis, noting that politicians "prey on apathy."

To secure your personal "thank you" from July Talk on Monday, the band has asked that you post a photo of yourself outside the relevant polling station to Facebook, Twitter or Instagram using the hashtag #julytalkvotes.

After that, email a screenshot of your post to vote@julytalk.com, sit back, relax and wait for Fay and Dreimanis to call. Eventually. Again, this could take a while. But at least they've already got one out of the way.

"One of the emails we got was from a girl whose sister's birthday was yesterday," says Fay.

"So we thanked someone in advance for voting. It's cool."

THE CANADIAN PRESS

HOW TO VOTE

Monday election Q&A

When can I vote? 9:30 a.m. to 9:30 p.m.

Who can vote? Canadian citizens 18 or older with ID, such as:

- government ID with photo, name, current address
- student card plus school document with an address
- Letter of Confirmation of Residence from a shelter or soup kitchen for those without fixed address

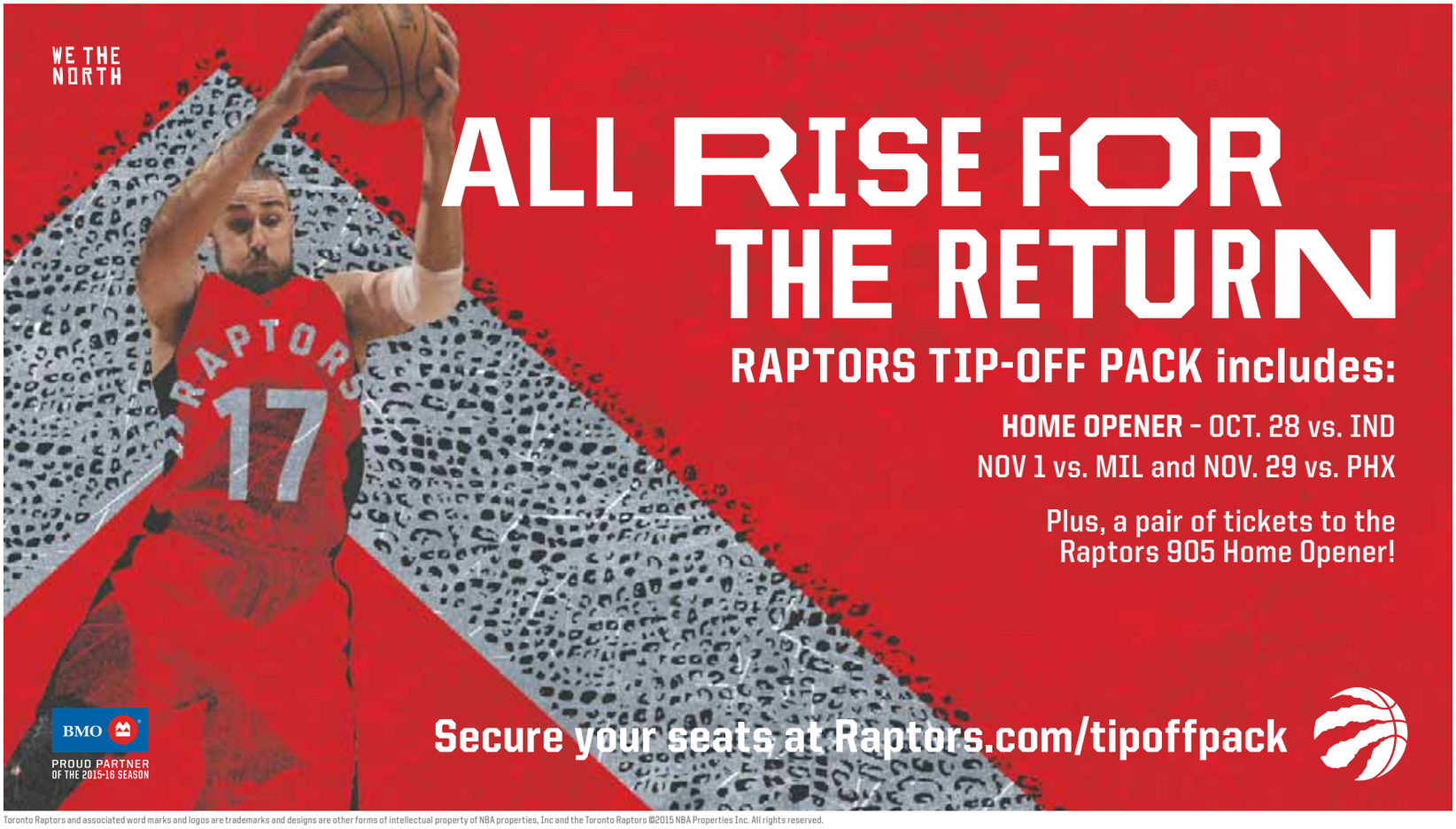
What if I don't know what riding I live in? Elections Canada has a handy tool on the elections.ca website so you can figure out your riding.

What if I'm not registered? You can register at your polling station.

What if I'm working while the polls are open? Your employer must give you time off to vote.

I have accessibility concerns; will I be able to vote? Absolutely! Elections Canada provides larger voting screens to accommodate wheelchairs, along with magnifiers for people with trouble seeing and tactile/Braille voting templates for people who are blind.

THE CANADIAN PRESS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Celebrate or commiserate here

ELECTION 2015

Bars across the city hosting after-vote gatherings

Luke Simcoe
Metro | Toronto

The most important question on election day is obviously which candidate to vote for.

The second most important question? Where to party afterwards.

There's no shortage of places in Toronto to watch the election alongside a pint, a snack or some good friends — or at least political enemies.

"With any exciting event, whether it's a sporting event or a political event, people want to be where the action is and be together. It creates a bigger buzz," said Debra DeMonte, owner of the Longest Yard restaurant and bar.

The Longest Yard has been hosting election parties at both its locations (3313 Bloor St. West and 535 Mount Pleasant Rd.) since 2000. Attendees even get to guess the outcome, with the most accurate prediction winning a prize.

There's also a special E-day menu, featuring burgers based on the party leaders, and DeMonte said it's not unusual for local candidates in the ridings to show up.

"We want to create a space where people can banter, argue, share and come together to watch the election," she said. "There's been so much interest around it and political junkies like me want some place to go."

The night is always popular, DeMonte said, but this year she expects a bigger turnout.

"These tight races attract a lot of interest," she said. "We're going to be pretty crowded."

Signs for local candidates can be spotted outside the Longest Yard in Toronto. The popular spot for political junkies has been hosting election parties since 2000. LIZ BEDDALL/METRO

#ELXN42 ON TAP

The Monarch Tavern (12 Clinton St.)
Jesse Brown will be bringing his media criticism podcast, CANADALAND, to the Monarch Tavern for a live election edition of the show.

He'll be live-tweeting the event along with CANADALAND Commons hosts Andray Domise and Desmond Cole, and they'll start recording an episode of the podcast off the floor as soon as the results come in.

The Gladstone (1214 Queen St. W.)
The Gladstone is staging a variety show for the election, complete with political trivia, live comedy and analysis by Danish Anwar and Ron Sparks. Don't forget to sample one of their election-themed cocktails.

Bloor Hot Docs Cinema (506 Bloor St. W.)
The boutique theatre is showing the results on the big screen, starting at 8:30 p.m. The cinema's bar is promising to stay open late so you can cheers to victory or drown your sorrows depending on the outcome.

The Longest Yard has a special election day menu. LIZ BEDDALL/METRO

Google Canada (111 Richmond St. W.)
Samara Canada, a non-partisan think-tank aiming to bolster civic engagement, is teaming up with Google to throw an E-day party. Organizers promise beer and doughnuts, along with various activities.
LUKE SIMCOE/METRO

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TORONTO STAR CLASSROOM CONNECTION

READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Building a bridge to democracy in Canada

ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He says a major national Canadian newspaper (he won't name which one) would not publish them, even after they'd commissioned a column about his ideas.

Berlin is also the founding editor of The Walrus, the former owner and editor-in-chief of the Literary Review of Canada, a memoirist, journalist — which is to say, a man you can't write-off as fringe. Despite that, the only mainstream media mention of his party that I could find appeared in a CTV article titled "Rhinos and Pirates: A look at Canada's federal fringe parties."

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. Anti-Harperites "don't mean 'anyone but Harper,'" they mean one of the established parties.

"You're supporting a corporate idea. These guys have the money, they dominate the media," he says.

"Your apathy or cynicism is grounded much deeper than you've gone. It's time to withdraw legitimacy from the system," he says. He rejects the idea that politics should be founded on suspicion, full of checks and balances to keep everyone in line.

"I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism. "There's a litany of problems coming toward us, and if you listen to (political parties) carefully, they're talking 19th Century vocabulary. They cannot update themselves."

The Bridge Party has a twinge of the absurdist — I ask what his family makes of it. He says his wife is starting to come around, and his kids wonder, "what's he up to now."

"When I started the Walrus, there wasn't a yay-sayer around," he notes, optimistically. "I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't."

Still, ignored by media and facing the ire of mainstream party-faithful friends, Berlin is finding this project "lonely."

"I have not been successful with this idea," he says, somewhat disheartened sounding.

"Yet?" I ask.

"Yet."

> **"I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't.**
> David Berlin, leader of The Bridge Party of Canada and founding editor of The Walrus

Prominent Canadians have their say

To create a political system that engages young people. To reinforce the importance of First Nations. To make greenhouse gas emissions a top priority in Ottawa. Because every opinion matters. Those are just a few of the reasons prominent Canadians say they're voting today — and Facebook hopes they'll give others an extra incentive to do the same. Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout. Here's what some of the famous faces have to say. **ANGELA MULLINS** METRO

Craig Kielburger
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive.

David Suzuki
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media.

Damian Warner
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us.

Perry Bellegarde
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians.

Jann Arden
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going vote because I want change. I am going to vote because it is my right as a free and democratic Canadian.

ALL PHOTOS VIA FACEBOOK

DID YOU VOTE? TELL YOUR FRIENDS!

- **Facebook is rolling an "I'm a voter" button onto news feeds of Canadians who are 18 and older today.**
- **When you tap it, you can proudly declare that you've done your civic duty or you can simply click through to Elections Canada's website for voter information.**

Now it's time to vote

ELECTION 2015

Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based grassroots.

Stephen Harper, right, supports Nav Bhatia in Mississauga. JONATHAN HAYWARD/THE CANADIAN PRESS

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

ELECTION 2015

All those ballots not destined for blue box

Andrea Ross
Metro | Edmonton

Millions of VIPs will land in Ottawa next week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa, where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said. "Our system is very prescribed and well thought-out."

After votes are counted Monday night, each ballot will be numbered and tracked, including unused ballots. They will be sealed in envelopes, put inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library.

And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts, she added.

"There wouldn't be a nationwide recount of all these ballots, but there might have been a race where it was really tight and they request a recount," Nyirfa said. "That happens quite commonly."

The thousands of boxes of ballots will meet their demise 10 years from now, destroyed in an "environmentally-friendly way," Nyirfa said.

ENVIRONMENT

Feds halt Montreal sewage dump plan

A federally-appointed panel of scientists will study Montreal's plan to dump eight billion litres of sewage into the St. Lawrence River.

Environment Minister Leona Aglukkaq made the announcement on Sunday.

Environment Canada says the city did not provide enough data to conclude whether or not the untreated wastewater would be "acutely toxic."

The three scientists have until Nov. 2 to complete their analysis, which will include assessing environmental risk and looking at alternative options.

The city had planned to close a major sewer to do maintenance work until Ottawa ordered a temporary halt to the project last week.

Montreal's mayor has described the federal actions as unreasonable and inappropriate and has said delaying the project could cause bigger problems.

THE CANADIAN PRESS

A LOOK BACK AT CAMPAIGN PROMISES

Conservatives

— A "tax lock" law to ban increases to federal personal and business income taxes, sales taxes and "discretionary payroll taxes" such as CPP, EI.
— Set aside $10 million a year to fund summer jobs in the trades for high school students.
— Continue support for public health-care system and increase health-care funding to the provinces and territories.

Liberals

— Lower the federal income tax rate to 20.5 per cent on incomes between $44,700 and $89,401; raise taxes on the wealthiest one per cent.
— Spend about $1.5 billion over four years on a youth job strategy to help 125,000 young people find a job.
— Increase federal infrastructure investment to almost $125 billion, from current $65 billion, over the next decade.

NDP

— Roll back expansion of income splitting, save seniors splitting pension income.
— Provide up to $100 million a year to create more than 40,000 jobs, paid internships and co-op placements for youth over four years.
— Invest $150 million over four years in a green municipal fund to aid sustainable local projects, cleaner transit.

THE CANADIAN PRESS

ELECTION 2015

Elections Canada expects big turnout

Elections Canada is making preparations to cope with what the agency expects will be a heavy voter turnout for Monday's election.

The agency says returning officers in individual ridings can either add additional staff to count advance poll ballots or if extra workers aren't available, the vote count can start before the polls actually close.

Elections Canada says in ridings where there is an early count, officials and witnesses present won't be able to leave and others won't be able to enter the room before the counting session ends.

The agency is preparing for contingencies because of the higher turnout for advance polls last weekend.

Some 3.6 million ballots were cast over a four-day period — an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held. THE CANADIAN PRESS

PUBLIC HEALTH

IVF births expensive procedure for older moms: Quebec study

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost $45,000 to more than $100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost $600,000.

Those findings, say researchers, represent a cautionary tale for any other jurisdiction considering whether to fund a similar program.

$104K

Approximate cost of every IVF live birth for women aged 43

In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

The actual cost is higher: the program does not reimburse patients for medications needed for IVF, which typically run between $3,000 and $5,000 per cycle and are often paid for by private insurance.

During the 2010-12 study period, 246 babies were born to women 40-plus, said lead researcher Dr. Neal Mahutte, medical director of the Montreal Fertility Centre. Researchers found that each live birth achieved through IVF for women aged 40, and using their own eggs, cost the government $43,153, a figure that increased exponentially with age, reaching almost $104,000 for 43-year-olds.

In contrast, IVF treatment that resulted in a live newborn for women under age 35 averaged $17,919, say the researchers, whose study will be presented Monday at the American Society for Reproductive Medicine annual meeting in Baltimore.

THE CANADIAN PRESS

The IVF process underway. BEN BIRCHALL/THE ASSOCIATED PRESS FILE

Ballot cynicism in Egypt

MIDDLE EAST

Doubts mar first election for legislature since 2012

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament, elected less than a year after the 2011 ouster of longtime autocrat Hosni Mubarak, was dominated by supporters of the now-outlawed Muslim Brotherhood as well as ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

An Egyptian casts her vote at a polling station in Giza on Sunday. AMR NABIL/THE ASSOCIATED PRESS

"There's no incentive to vote," declared 38-year-old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling centre in Boulaq el-Dakrour, one of the most densely populated districts in Egypt.

> **There's no incentive to vote.**
> Mohammed Mahmoud, businessman

"Even if a candidate has a platform, I don't think it's true. I don't think it will be implemented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which the first of two days of voting took place Sunday.

One of his workers, Mohammed Hassan, echoed the same sentiments: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital Cairo, will happen Nov. 22-23.

Each stage of the vote will be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon. THE ASSOCIATED PRESS

IN BRIEF

Big bust for Paris police

France's finance minister says police made the country's biggest drug seizure in two years when they found 7.1 tons of hashish in Paris' chic 16th arrondissement.

Michel Sapin said in a statement Sunday agents discovered the drugs, with an estimated street value of 15 million euros ($17 million), in an unoccupied van being used as a temporary storage space. THE ASSOCIATED PRESS

Police hunt for shooter in ZombiCon killing

Police say a shooting at the ZombiCon gathering in Florida killed one person and injured four others.

Lt. Victor Medico of the Fort Myers Police Department said the shooting occurred late Saturday night, according to the News-Press.

The four people wounded were being treated for injuries that were not life threatening, he said.

The search for the shooter continued Sunday. THE ASSOCIATED PRESS

PHILIPPINES

Typhoon kills two, weakens

Slow-moving Typhoon Koppu weakened after blowing ashore with fierce winds in the northeastern Philippines on Sunday, leaving at least two people dead, displacing 16,000 villagers and knocking out power in entire provinces, officials said.

Soldiers and police were deployed to rescue residents trapped in flooded villages in the hard-hit provinces.

After slamming into Aurora's Casiguran town after midnight Saturday, the typhoon weakened, hemmed in by the Sierra Madre mountain range and a high-pressure area in the country's north and another typhoon far out in the Pacific in the east, government forecaster Gladys Saludes said.

Howling winds knocked down trees and electric posts, leaving nine entire provinces without power, while floods and small landslides made 25 roads and bridges impassable. Authorities suspended dozens of flights and sea voyages due to the stormy weather, and many cities cancelled classes on Monday.

Late Sunday night, the typhoon was blowing over the northern mountainous province of Ifugao and was continuing to weaken.

It had sustained winds of 130 kilometres per hour and gusts of up to 160 km/h and was blowing northward at just 5 km/h, according to the government's weather agency. It's expected to weaken to a tropical storm by late Monday and exit the main northern island of Luzon on Wednesday. THE ASSOCIATED PRESS

SCIENCE

Moth naming rights on auction

An auction on eBay allows the public to make a different kind of purchase. Up for sale: naming rights to a new insect.

A moth that weighs less than an ounce (28 grams) and measures about an inch (2.5 centimetres) was discovered eight years ago at White Sands National Monument in New Mexico by entomologist Eric H. Metzler.

The rigorous process to have a new species approved has taken several years, but now Metzler, a volunteer at the park, is ready to give his flying friend a name.

The auction winner will name this new species of moth. THE ASSOCIATED PRESS

That honour is usually bestowed on the person who made the finding, but Metzler wanted to give back to the Western National Parks Association, which has funded some of his research.

"I am not a rich man and I don't have a lot of money to give to charity, but this is the way I could give them money in the form of service. I could use my brains to help them," Metzler said.

The auction went live Saturday on eBay and ends Oct. 23. Bidding starts at $500. The winner will work with Metzler to Latinize the name, which must be approved by an international organization. THE ASSOCIATED PRESS

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Wall goes up in Jerusalem

MIDEAST CONFLICT

Israel cracks down against Palestinians in city's east area

Palestinians in Jerusalem, more than a third of the city's population, have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by Israel in 1967 and claimed by Palestinians as a future capital.

Prime Minister Benjamin Netanyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe would do to quell urban unrest. But some allege he is dividing Jerusalem, something Netanyahu has said he would never do.

Arab residents say the latest closures are bringing them to a boiling point and lead to more violence.

"They want to humiliate us," said Taher Obeid, a 26-year-old janitor at the Hebrew University of Jerusalem. He spoke over the din of car horns, as drivers stuck at one of the new checkpoints vented their anger.

Domestic critics say Netanyahu — long opposed to any negotiated partition of Jerusalem into two capitals — is dividing the city along ethnic lines with his security measures.

Some say that due to the growth of Israeli settlements, the land between the Mediterranean and the Jordan River has effectively become a binational entity, with Israel ruling over several million Palestinians.

"This is what the future looks like," said Jerusalem expert Daniel Seidemann. "It's the one-state reality."

Seidemann said Jerusalem is a binational city that has remained divided, even after 1967.

Israel's hard-line leaders "can't possibly look this in the eye because they are committed ideologically to a mythical, united Jerusalem that does not exist in nature," he said.

While Netanyahu has said he supports the establishment of a Palestinian state, there has been no progress, and expectations of a negotiated agreement have faded. THE ASSOCIATED PRESS

Palestinians watch a wall being built between Palestinian and Jewish neighbourhoods in Jerusalem Sunday. MAHMOUD ILLEAN/THE ASSOCIATED PRESS

BACKGROUND

Rising body count on both sides of conflict

In the past month, nine Israelis have been killed in Palestinian attacks and 41 Palestinians have been shot and killed by Israelis, including 20 labelled as attackers.

SYRIA

Bombs pound towns

Russian and Syrian warplanes pounded targets in central and northern Syria, killing at least four civilians Sunday as ground troops battled insurgents and seized new territory, activists and the government said.

Al-Ghanto village, the town of Talbiseh and other areas north of the city of Homs were hit hard. Government helicopters dropping barrel bombs in the village of Ter Maela, activists said.

Since Russian airstrikes began Sept. 30, Syrian troops have been on the offensive on several fronts, in an attempt to secure supply routes and regain control of strategic areas.

Also Sunday, the Observatory and Lebanon's Hezbollah TV Al-Manar reported that aid was delivered to four areas that were part of a limited UN-brokered ceasefire agreement reached last month. The truce was to end months of fighting between Sunni insurgents and pro-government forces, including fighters from Lebanon's militant Hezbollah group. THE ASSOCIATED PRESS

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U.S. halts offshore arctic drilling leases

ALASKA

Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of $7 billion on Arctic exploration. The company cited disappointing results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling federal petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Sen. Dan Sullivan said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But he said the administration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going to help the social problems."

THE ASSOCIATED PRESS

Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean. ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

AUTO INDUSTRY

Takata airbag recall includes 2015 models

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest in a problem that continues to widen with no end in sight. U.S. regulators have warned that more manufacturers and newer models are likely to be recalled.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers certain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

THE ASSOCIATED PRESS

IN BRIEF

Guinness judge certifies 122-metre-long baguette as new world record

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world. The baguette was then cut and smeared with Nutella to share with the hundreds who witnessed the record. THE ASSOCIATED PRESS

Last US Airways flight arrives in Philadelphia

The final US Airways flight has landed in Philadelphia, completing the last leg of its round-trip journey that began in San Francisco on Saturday. All future flights will fly under the American Airlines banner, following the completion of a merger announced in 2013.

THE ASSOCIATED PRESS

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Politics of the future: Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

Metro MONDAY POLL

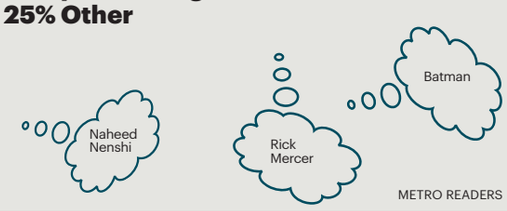
Design your dream election

Visit metronews.ca every Friday to have your say.

If you could make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

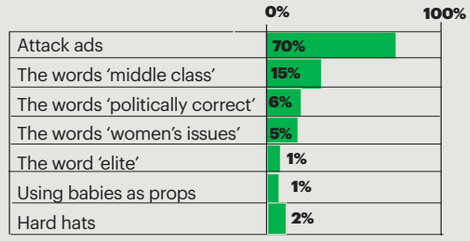
1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?

26% Chris Hadfield
20% David Suzuki
9% Grumpy Cat
7% Stephen Lewis
4% Drake
2% Jose Bautista
2% Joanne Liu
2% Wayne Gretzy
2% Margaret Atwood
1% Ryan Gosling
25% Other



METRO READERS

2 If you could retire one campaign-season cliché, what would it be?



3 If you could change one thing about our system, what would you choose?

36"% Scrap first-past-the-post voting
25"% Elect the leader separately from the MPs
20"% Allow voting online or by phone
6"% Make the campaign shorter
3"% Nothing, we're lucky to live in a democracy
10% Other

Introduce ranked ballots.
Ban parties. Officials should represent people, not parties.
Elections every five years, not four.

Middle-class mania ignores the neediest

TORY'S TORONTO

Matt Elliott

A question as you head to the polls today: heard anything about Canada's middle class lately?

If you've been following the federal election at all over the last few months then, yeah, you have. Talk of the "middle class" has dominated the messaging from all three leading parties right up until today's vote.

We've had Liberal Leader Justin Trudeau in a TV commercial shouting about tax cuts for the middle class in front of an adoring crowd. We've had a more subdued ad from NDP Leader Tom Mulcair telling us that "change means electing a prime minister that is focused on families — the middle class."

And we've had Conservative Leader Stephen Harper holding campaign events where he brings supposedly average middle-class people to the stage and has them remove cash from their wallets to demonstrate how his opponents will raise taxes. There are even cash-register sound effects. It's like something out of The Price is Right, except terrible.

As Toronto's poverty problem worsens, the federal inattention has serious consequences.

For those of us in Toronto, this laser focus on the middle class should feel frustrating, because it comes at a time when city hall is attempting to tackle big issues related not to those in the middle class but to those who are stuck well below that distinction: people living in poverty.

The numbers in the city's latest report on poverty reduction are staggering. Toronto remains the child-poverty capital of Canada, with one in four kids living in households with after-tax income below Statistics Canada's Low Income Measure.

For adults, the number living in poverty is one in five. That includes 46 per cent of recent immigrants, 37 per cent of single mothers and 33 per cent of people in minority racial groups. However you define "middle class," these people definitely aren't in it.

And while, sure, some of the policies offered by the leading parties — affordable child care, transit — can help those in poverty, these platform planks have seemingly been designed with the vaunted middle class in mind. Poor people are an afterthought.

This middle-class mania isn't anything new, of course, but as Toronto's poverty problem worsens, the federal inattention has serious consequences for the city. Because when other governments pass the buck, it's inevitably city hall that gets left with it.

It's already started. Last year, city hall had to invest an extra $25 million in poverty-reduction initiatives. This year, some city councillors are talking about spending another $100 million, further transferring the responsibility for social services to the property-tax base.

It's a trend heading in the wrong direction, but no matter the outcome of today's vote, this campaign showed little indication of change.

Instead, Canada's leading political parties focused on offering breaks to the middle class at a time when poverty is breaking people.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metroview

Tomorrow's leader will have to mop up an anti-Muslim mess

Omar Mouallem

"I've never seen it like this before." That's how my mother — one of Canada's million Muslims — described the blatant bigotry on her Facebook. She didn't need to elaborate; I'd seen it, too. But my social network has a long tail of loose ties. Hers consists of actual friends and former colleagues — the people who helped my parents integrate in rural Alberta before I was born.

Thirty years later, a shameful election has unlocked anti-Muslim and anti-immigrant sentiments. Where teens assault a woman whose only crime was wearing a religious garment. Where Canadians willingly devalue the Canadianness of 900,000 dual citizens. For a third of the vote, Stephen Harper has demonized Muslims (three per cent of the population) and undermined the rights of 7.1 million foreign-born Canadians.

Though it's unlikely he will be tomorrow's leader, tomorrow's government — whatever it is — must mop up the mess.

In addition to the recession, climate change, First Nations reconciliation and international conflicts, tomorrow's leader must prioritize healing the wounds opened by wedge politics. Otherwise, the 250,000 annual newcomers will never get a fair shot. When I think of my own family's ascent to the middle class, it wasn't just work ethic that boosted them. It certainly wasn't the 1980s economy. Tax credits alone didn't help them buy the biggest house on the block.

It was social tolerance.

When my parents arrived from Lebanon, immigrants were central to Canada's new multicultural identity and story. But, I wonder, would they have thrived knowing their Canadian-born children could be deported? Which of their "barbaric" practices would have been called in to the tip line? The Ramadan when they butchered a goat in the yard? That my mom wore a hijab, which in Northern Alberta in 1984 was about as common as a niqab today?

Immigrants always come with cultural baggage. Some can take a generation or two to unpack. The white majority — old-stock Canadians — have residual cultural baggage, too (pressuring a woman to take her husband's last name comes to mind). But adjusting is much harder when you want to hide from your neighbours.

A recent CBC survey showed only 65 per cent of Canadians are proud of the country's "multicultural makeup." Today's target is Muslims. Who is it tomorrow, as rising sea levels will displace unprecedented numbers of people? Canada's 1880s tax on Chinese immigrants and "none is too many" stance on 1930s Jewish refugees are reminders of xenophobia's cyclicality. But to see it actively promoted by leaders should disturb us all.

And tomorrow's leader must repair the damage.

Omar Mouallem (@omar_aok) edits the Yards magazine.

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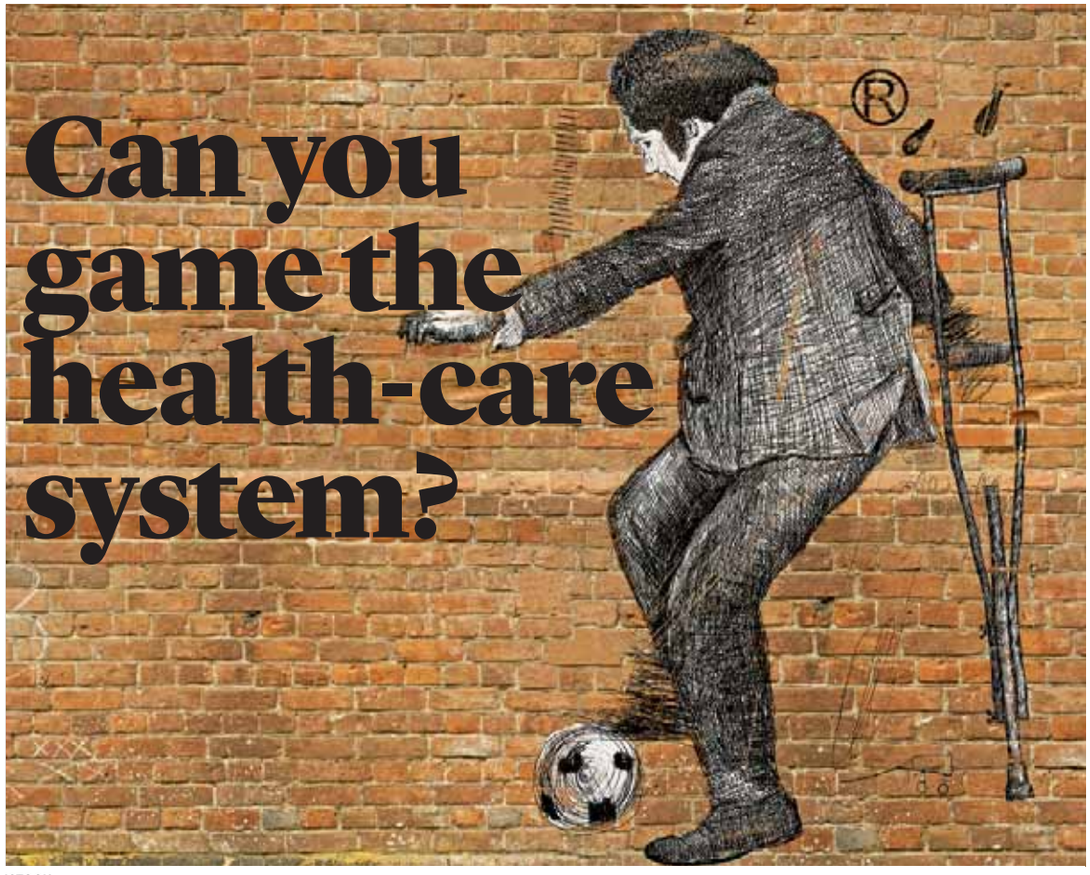
THE PATIENT'S PLAYBOOK

Be assertive and involved in your treatment, author says

Can you game the health-care system?



ISTOCK

In The Patient's Playbook, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?
There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

You talk about preparing for falling ill. What should a person should do?
We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

What should you look for in a primary-care physician?
You want someone who listens and respects you, and someone you will listen to. It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

What are the biggest mistakes patients make?
Becoming passive and doing nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

Explain the no mistake zone.
It's a multi-step process that reduces anxiety and ensures you make better choices. First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

No realm of knowledge is more complex than human biology.
Leslie Michelson, author of The Patient's Playbook

In your book, you encourage people to do what they can to jump the queue. Why?
I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

Once in hospital, how can a patient stay safe?
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RESEARCH

Chlamydia, gonorrhea rates up in last decade

Our findings suggest a possibly harmful public health consequence.
Dr. Tali Bogler, family physician

Dr. Tali Bogler is the lead author of a study that found that testing for STIs in young women dropped significantly after Cancer Care Ontario changed its guidelines for cervical cancer screening in 2012. HANDOUT

Young women in Ontario are being screened for sexually transmitted infections far less often since updated guidelines reduced the frequency of Pap tests for cervical cancer, a study suggests.

Researchers at St. Michael's Hospital in Toronto found the guidelines, which were rewritten in 2012, reduced Pap smear rates by 60 per cent in the year after their introduction — and that led to a 50 per cent drop in gonorrhea and chlamydia testing among women aged 15 to 24. Patients were also less likely to be screened for syphilis, hepatitis C and HIV.

Prior to 2012, women were advised to start cervical cancer screening within three years of becoming sexually active, followed by annual testing. After three normal Pap test results, subsequent screening was recommended every two or three years until age 70.

The updated guidelines by Cancer Care Ontario recommend starting Pap tests at age 21 for women who have been sexually active, with three-year screening intervals if test results are normal.

The advice differs slightly from guidelines by the Canadian Task Force on Preventive Health Care, which recommends that routine Pap tests for women start at age 25 and continue every three years until age 70, when they can cease if a woman has had three successive negative tests in the previous 10 years.

"Historically, we know that Pap tests and STI screening are linked because they're often performed at the same time," said lead author Dr. Tali Bogler, a family physician at St. Mike's.

But because women aren't visiting their doctors as often for Pap smears, that's caused a drop in screening for STIs, she said Thursday, noting that chlamydia and gonorrhea are common among young women and incidence of those infections is on the rise.

In the last decade, chlamydia rates have jumped 72 per cent, while gonorrhea rates have gone up by more than 50 per cent.

The study, published Thursday in the journal Canadian Family Physician, tracked patient charts across five primary care sites at St. Michael's Hospital in the year before the guidelines changed and in the year after.

Researchers found rates of Pap smear testing among women in the study dropped from 42 per cent before the guideline change to 17 per cent after, and screening of gonorrhea and chlamydia decreased from 40 per cent to 20 per cent.

"I think a big piece of this is really educating the public, and especially young women, to understand that even though they haven't had a Pap test, they need to be screened for STIs if they're at risk," said Bogler.

THE CANADIAN PRESS

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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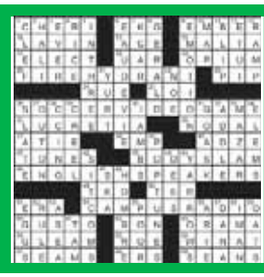

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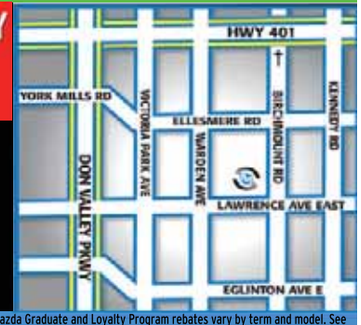

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A couple who namastes together

YOGA

Acro yogis find relationship balance in tough poses

Not much causes a Torontonian to stop in their tracks, but a man and a woman effortlessly pulling off Cirque du Soleil-esque moves in a park just might do it.

Miranda Cobbett and Ryan Scott are the uber-fit duo behind acrobuddhas.com — a team of two performers who practice and teach acro yoga (a combination of acrobatics and yoga) around the city. They post pictures of their jaw-dropping moves on Instagram, where they've amassed a huge following.

"Ryan and I both love being active. We live a very healthy, fit lifestyle every day," Cobbett told the Star. "When we were able to combine our energies and create something together ... it was exciting.

The twosome — partners in love and business — only stumbled on acro yoga two-and-a-half years ago when scrolling through photos on Instagram.

"At the time, we didn't even know what it was called. We were like, 'Look at this, this is cool. Let's try it'," said Cobbett.

Acro yoga harnessed the skills they already had — Cobbett is a yoga teacher who grew up dancing and cheerleading, and Scott is a personal trainer — and allowed them to combine their strengths in a new way. They started practicing in her parents' backyard and soon, they were hooked.

And it gave them more than just tighter abs — acro yoga helped jump-start their relationship, now at the eight-year mark.

"It really taught us how to communicate in new ways, how to trust each other in new ways," Cobbett said. "In all honesty, I'm trusting him beneath me to support me."

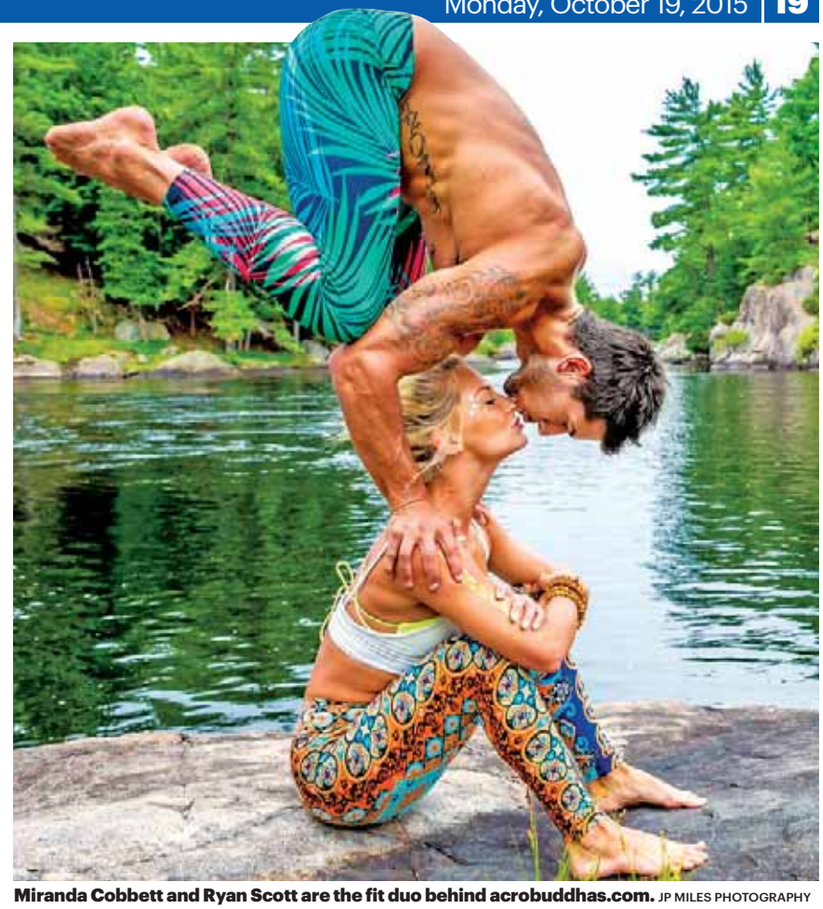
The team began taking pictures of their daring exploits, sometimes by putting a clicker in one of their mouths to snap a picture themselves, other times asking photographer friends to do the shooting, and soon garnered attention on Instagram with the account @acrobuddhas. They now have 17,000 followers.

These days, they perform at Toronto festivals, including Electric Island and Bestival, but you're just as likely to find them on a beach or in a park, perfecting their moves in public. People often approach to ask what they're up to, which Cobbett loves. But don't get too close.

After curious Electric Island festival goers kept trying to touch the duo during performances last year, organizers put up barriers around them.

And injuries? None so far, said Cobbett, though they usually practice on sand or grass just to be safe.

TORSTAR NEWS SERVICE



Miranda Cobbett and Ryan Scott are the fit duo behind acrobuddhas.com. JP MILES PHOTOGRAPHY

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No alcohol is safe during pregnancy, says new report

RESEARCH

Professionals reinforce dangers of drinking

Think a glass of wine is safe while you're pregnant? Think again, says a new report highlighting the dangers of drinking during pregnancy.

The report, published in the November issue of the journal Pediatrics, identifies prenatal exposure to alcohol as the "leading preventable cause" of birth defects and intellectual and neurodevelopmental disabilities.

"The biggest message is that alcohol use during pregnancy is not safe," said lead author Dr. Janet Williams, a former chair of the AAP's committee on substance abuse.

The clinical report from the American Academy of Pediatrics stresses expectant mothers shouldn't drink during any trimester of pregnancy, and reinforces the risk of fetal alcohol spectrum disorders or FASDs.

The umbrella term encompasses fetal alcohol syndrome — marked by certain facial features, such as smaller eyes, a thin upper lip, and a smooth space between the nose and lips — and a range of physical, emotional, behavioural and intellectual problems.

The report based its findings on the "large and growing body of research" that exists and did not include new original research.

The level of impact is somewhat dose-related, Williams said.

"Binge drinking — a big push of alcohol — is more likely to cause harm."

But Williams stressed modern evidence shows no amount is safe, despite misconceptions to the contrary.

"None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs,'" she said.

Even so, modern moms-to-be often hear mixed messages about drinking.

Toronto mother Jennifer Beer recalled seeing warning campaigns about drinking during pregnancy, but also heard differing advice from friends and health-care workers.

"When I was pregnant with my son, I mentioned to my midwife at one of my regular checkups that I was craving a glass of white wine. She looked almost shocked, and replied, 'You mean you haven't had anything to drink this whole time?'" Beer said.

Stade said clear messages are key so expectant mothers aren't confused. She agreed with the American Academy of Pediatrics report's main message that no amount of alcohol is safe during a pregnancy.

But she did raise concerns about the report alarming women unnecessarily.

"Some women do drink before they know they're pregnant, and I wouldn't want them to get so scared that it will cause fetal alcohol syndrome," she said.

"Reports like this have come out over the years and have really scared women and they want to abort." Stade said women who know they are pregnant should abstain from alcohol completely.

She suggested women talk to their doctor about consuming alcohol during pregnancy.

TORSTAR NEWS SERVICE

THE COSTS

A big societal impact

In Canada, more than 3,000 babies are born with FASDs every year, according to Health Canada. The damage caused by mothers drinking during pregnancy costs more than $5 billion a year, noted a 2009 paper in the Canadian Journal of Clinical Pharmacology, co-written by Dr. Brenda Stade, head of the FASD clinic at St. Michael's Hospital in Toronto.

TORSTAR NEWS SERVICE

> **None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs.'**
>
> The study's lead author Dr. Janet Williams on research on the effects of drinking while pregnant.

Moms-to-be often hear mixed messages about drinking while pregnant, but experts agree clear messages about the dangers of drinking are key so women aren't confused. ISTOCK

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HEALTH TRENDS

Women's libido drugs get boost

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend. But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use. But experts believe those restrictions could spur development of better treatments for women's sexual problems after more than a decade of neglect by most of the world's large drugmakers.

Kim Wallen, a psychology professor at Emory University, says Addyi represents a historic milestone that may open the door to more drugs targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says. "That legitimizes many other drugs that are in development."

Treatments for women's libido issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over $2 billion, based on academic estimates that between 5 million and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drugmakers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

THE ASSOCIATED PRESS

I spend, therefore I am

Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. ISTOCK

IDENTITY

Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada

Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think "retail therapy."

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday.

If there is any industry that has made it clear that we are powerless in the face of what they want to sell us it's the financial services sector.

> **Even heading to a concert or a sports game often involves spending money.**

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food. And as for mortgage life insurance, don't even get me started.

That's a product that serves the needs of the bank, not the person buying and paying for the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for $5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

There are now more places and ways to shop than ever before. Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibblies, you'll drop good money on total crap.

Or click on a coupon site to buy five whatevers for 50 per cent off, and look how much you just saved! You can browse on Craigslist or on eBay until you find something you just have to have.

Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing.

Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

For more money advice, visit Gail's website at gailvazoxlade.com.

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Idris Elba trades in sexy for scary

NEW FILM

Actor takes on violent, gritty role in Beasts of No Nation

Idris Elba plays the savage yet charismatic Commandant in Beasts of No Nation, available on Netflix now. CONTRIBUTED

With legions of fans calling for him to be the next James Bond, Idris Elba welcomed a chance to go against type and play a ruthless warlord in Beasts of No Nation.

"It's a compliment but I always get told, 'Oh, you're handsome. Yeah, sexy Idris,' and I was like, 'This guy's not sexy. I want to play him,"' said the strapping star at the Toronto International Film Festival.

"There's definitely, if you like, a cosmetic approach to this character that I hadn't done before, I think," continued the London native, whose other characters have included a drug lord in HBO's The Wire, a detective in the British series Luther and the title role in Mandela: Long Walk to Freedom.

"(If audiences), let's say my lady fans, will watch this film like, 'Oh my God' — job done, as far as I'm concerned. That's what I tried to do."

In Beasts of No Nation, available to stream on Netflix now, Elba plays the savage yet charismatic Commandant. He's the chain-smoking head of a group of mercenary fighters during a civil war in an unnamed West African country.

Abraham Attah stars as the young protagonist, who flees his besieged refugee village only to be captured by Commandant's crew.

Emmy Award winner Cary Fukunaga (True Detective, season 1) wrote and directed the film, based on the novel by Nigerian author Uzodinma Iweala.

It took him 10 years to get the film made. He shot it in Ghana as soon as he wrapped on True Detective.

Fukunaga unflinchingly delves into the horrors of civil war in some scenes, depicting brutal violence inflicted by child soldiers.

While such scenes might be tough to digest, he says they're nothing compared to the real thing.

"What I know of war, the little I've experienced in the conflict zones I've been to and the research I've done, death is so much more gruesome than anything you've ever seen in a movie or even in documentaries," said the director of 2011's Jane Eyre and 2009's Sin Nombre.

"What I show in the film just barely creates the nausea that you would feel, the smell of death that you'd feel in a real place."

Fukunaga heard some filmgoers at the Venice Film Festival walked out during a screening of his film, and conceded it "maybe pushes, for some people, too far."

"But it's what I needed to show without it feeling, to me at least, false about the experience that these children have to go through, the things these children are witnessing, the desensitization of these kids, even the adults who participate in these kinds of conflicts."

Elba said he studied the behaviour and tactics of some dictators but he didn't base Commandant on anyone in particular.

Rather, he envisioned him like a preacher who rallies up his troops with sermons and chants.

"The Commandant, although he's a military head, is the spiritual head as well, and that was a really interesting revelation for me," said Elba.

"It was like, 'Aha.' It was actually a way in for me as an actor, because I was like, 'I don't want to do a moustache-twiddling ... bad guy."'

> **It's a compliment but I always get told, 'Oh, you're handsome.' ... and I was like, 'This guy's not sexy. I want to play him.'**
> Idris Elba on taking the role in Beasts of No Nation

Elba said his father's Sierra Leone heritage, and his family's experience with the civil war there, was another reason he wanted to do the film.

"There was a massive personal attachment to the story in the first place," he said. "But the second, from a producer's point of view, I really wanted a story like this, films like this, to have the light of day — for people to see that through storytelling, you can, without being bashy on the head, you can give people insight into a very complex world."

THE CANADIAN PRESS

Updates on Odom leaking

MEDIA

Kardashians controlling the recovery narrative

Family members of Lamar Odom declined to comment on his condition or activities Saturday, a day after he regained consciousness and communicated — speaking and even giving a thumbs-up from his hospital bed — after being found in extremely critical condition at a Nevada brothel.

Alvina Alston, publicist for JaNean Mercer, Odom's maternal aunt and godmother, would not confirm whether Odom was breathing on his own or communicating more.

His movement on Friday was the first significant update on Odom's health since he was found unconscious and face-down at the Love Ranch in Crystal, Nev., on Tuesday afternoon.

Odom spoke a greeting and gave a thumbs-up, Alston said.

A person close to estranged wife Khloe Kardashian spoke on the condition of anonymity because she was not authorized to release details of Odom's condition to the press. She also said that he was able to say hi to Kardashian.

His former coach Jim Harrick in Los Angeles, said Kardashian told him that Odom is now off dialysis, and that he showed a response when she reached down to say "Lamar, I love you."

"Khloe has promised me she's going to stay by his bedside until she and him can walk out of the hospital together," Harrick said.

Authorities are still retracing Odom's $75,000, three-day visit to the brothel that started late afternoon Saturday, with blood-test results to determine what caused his medical episode still pending.

The brothel's owner and spokesman have said that he chose two women to accompany him in a VIP suite on his first visit to the ranch. Odom had said that he had done cocaine before his arrival, and the brothel said they saw him drink alcohol and take as many as 10 supplements sold as "herbal Viagra."

One brand that he took, Reload, was the subject of a 2013 warning from the Food and Drug Administration, which said the pill contained sildenafil, the active ingredient in Viagra.

Lamar Odom regains consciousness, family and friends say.

ALL PHOTOS GETTY IMAGES

Odom was then found unconscious there Tuesday. He was breathing and taken to Sunrise Hospital and Medical Center in Las Vegas.

Kardashian rushed to his side and since then, friends, teammates and loved ones, including his two children, have visited and posted messages on social media asking for prayers.

Kardashian had said her family won't be posting content on their apps while attending to his health crisis.

THE ASSOCIATED PRESS

INSTAGRAM

Lohan for president

Ned Ehrbar
Metro | Hollywood

What's one thing that could make Kanye West's 2020 bid for the presidency seem even the least bit plausible? An even more absurd celebrity contender, that's what.

Enter Lindsay Lohan, who took to Instagram this weekend to announce her intentions to run for president as well.

"In 2020 I may run for president," she posted along with a photo of her at the 2012 White House Correspondent's Dinner, giving West an at-mention and everything.

"The first thing I would like to do as president is take care of all of the children suffering in the world," she added with a photo of her and West together. "Queen Elizabeth showed me how by having me in her country."

Wait, what? Just be careful, people. I'm pretty sure this is how we end up with "Idiocracy."

GOSSIP BRIEFS

He's confident

Oh hey, were you hoping to hear more about that pap photo of a naked Justin Bieber in Bora Bora? Well, Bieber sat down with Billy Bush of Access Hollywood to discuss the invasive incident.

"That was shrinkage for me," he boasts. "My first thing was like, how can they do this?" Bieber continued more seriously. "I feel like I can't step outside ... You should feel comfortable in your own space. Especially that far away." NED EHRBAR/METRO

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Fox has hired Alex Rodriguez as an analyst for the rest of the ALCS and the World Series

Jays on comeback trail again

MLB PLAYOFFS

Royals hold upper hand as action shifts north of border

The Toronto Blue Jays aren't letting themselves get fazed by a 2-0 deficit in a post-season series.

They dealt with one just last week.

Down 2-0 to Texas in the American League Division Series, the Blue Jays rallied to win the next three games of the best-of-five set and advance to the AL Championship Series. Now, after dropping the first two games of the best-of-seven ALCS in Kansas City this weekend, they're back in that familiar hole.

Any comeback this time will have to come against a tough Royals team that finished the regular season with an American League-best 95-67 record.

But the Blue Jays are up for that challenge.

"We've played from behind before," second baseman Ryan Goins said Sunday. "Playing from behind in a five-game series is different than playing from behind in a seven-game series. We have more life than we had last time. It'll be fun and I think we'll get back in this series."

"We seem to play a lot better when we're down 2-0, I think," added first baseman Chris Colabello. "You just go out and play the game. Whether or not we won or lost (Game 2 on Saturday), we're still going to go out and figure out a way to win the game."

Game 3, scheduled for Monday night at Rogers Centre, is the first of potentially three consecutive games at the Toronto stadium where the Blue Jays enjoyed a 53-28 record during the regular season.

The familiar artificial turf, the retractable roof, and of course, the loud Toronto fan base all help give the Blue Jays a true sense of home-field advantage.

"Any time we can play at home we're comfortable here," said centre-fielder Kevin Pillar. "We love the support we get, we love the enthusiasm, we love how loud it is.... We're excited. It's always nice to be home for a couple days, sleep in your own bed, have our families in town, get back into our routine of doing things we like to do when we're home."

None of that will matter if the Blue Jays' bats fail to get anything going against Kansas City ace and Game 3 starter Johnny Cueto.

Cueto, who was acquired by the Royals in a deadline trade with Cincinnati, went 4-7 with a 4.76 earned-run average through 13 regular-season starts for Kansas City. But he was dialed in for the Royals' Game 5, ALDS-clinching win over Houston last week, giving up just two runs on two hits and striking out eight over eight solid innings.

Toronto will counter with its own hard-throwing right-hander in Marcus Stroman.

THE CANADIAN PRESS

The Royals took a 2-0 series lead on Saturday thanks in part to a fly ball that fell between Blue Jays Jose Bautista, left, and Ryan Goins, and sparked a five-run rally in the seventh inning. RICK MADONIK/TORSTAR NEWS SERVICE

.200

The top six hitters in the Blue Jays order are 9-for-45 (.200) with two runs scored in the first two games of the ALCS.

GAME 4

Royals manager Ned Yost has chosen Chris Young over Kris Medlen as his starter for Game 4 of the ALCS.

"He's got really good numbers against these guys," Yost said. "They're both great choices, but, you know, Chris Young, his last two starts of the year were really, really good for us. We feel like he gives us a good chance to win."

Young faced the Blue Jays once this year, a 7-5 loss on July 11. Edwin Encarnacion hit a two-run shot and Young yielded five hits and three runs over six innings. But the six-foot-10 hurler has held current members of the Blue Jays to a .229 average (22-for-96) over his career.

R.A. Dickey is slated to start Game 4 for Toronto.

THE ASSOCIATED PRESS

Chris Young
GETTY IMAGES

Marchant toughs out qualifier

HEALTH

Two runners in critical condition after collapsing

Two runners are in critical condition after collapsing near the finish line of the Scotiabank Toronto Waterfront Marathon on Sunday.

Toronto paramedics rushed the first runner, a man in his 40s, to a trauma centre in critical condition after he collapsed at Bay and Albert streets around 11 a.m. He was initially without vital signs but paramedics managed to bring back his pulse.

Then, at 12:57 p.m., a man in his 20s collapsed near the finish line. He was also without vital signs but paramedics shocked him once with a defibrillator and he regained a pulse. He was taken to a local hospital in critical condition.

Paramedics staged near the finish line responded to several other medical calls during the marathon, all for minor injuries or complaints.

In 2013, a Nova Scotia teen died suddenly at the Goodlife Fitness Toronto Marathon. Her father later said she had a rare heart abnormality that she didn't know about until it was too late.

TORSTAR NEWS SERVICE

3,821

The number of runners that took part in Sunday's marathon, which was in its 26th year.

MARATHON

Londoner runs down second event for 2016 Rio Olympics

As she ran up Bay Street, willing her cramped leg to keep moving, Lanni Marchant knew the seconds were adding up on the marathon clock at the finish line.

"I came around the bend," she recalled, "I (thought) 'You've got to be kidding me.'"

After running 42.2 kilometres through Toronto's streets, Canada's fastest female marathoner crossed the line in two hours, 28 minutes and nine seconds for a fourth-place finish.

But those nine extra seconds cost her the chance to break her own Canadian record (2.28.00) and pick up a $30,000 bonus in the process.

"That stings a little," she said afterward.

But that "what if" was fleeting and replaced by her bigger accomplishment on the day — qualifying for the Rio Olympics.

In doing so, she joins Eric Gillis — Canada's fastest man in Sunday's race — whose 2:11.31 time falls well inside the 2016 Olympic standard.

The finish line at Sunday's Scotiabank Toronto Waterfront Marathon turned out to be a dramatic place for spectators.

There was a sprint to the finish for the men's top spot, with Kenya's Ishhimael Chemtan edging compatriot Gilbert Kirwa at the line in 2:09.00.

In the women's race, Ethiopia's Shure Demise, a 19-year-old marathon sensation, finished first with a time of 2:23.37. But then Sharon Cherop and Fatuma Sado collided at the line while racing for second and that result was put under review.

With her time Sunday, Marchant has now met the Rio standard in two separate events: 42.2 kilometres on the road and 10,000 metres on the track.

"It's a little surreal," said the 31-year-old from London, Ont., who lives in Chattanooga, Tenn., where she works as a lawyer.

"I think I surprised the running community, and myself, that I qualified in the 10," she said, of the event that earned her a bronze medal at this summer's Pan Am Games.

"To have the possibility of doing both (in Rio) or having my pick of which one I'm better prepared for is a pretty nice spot to be in," she said.

Marchant hadn't run track since university; in fact, after graduating she "avoided it like the plague" until last year.

She ran a 10,000 to prepare for the Boston Marathon and, once she realized how close to the Olympic standard she was without even training for it, she started focusing on speed to see how fast she could get.

"The marathon can be cruel, so I didn't want to put all my eggs in one basket," she said.

Marchant still hasn't ruled out trying to run both races, a practically unheard of feat.

"If I'm still standing, why not line up and do the marathon two days later?"

TORSTAR NEWS SERVICE

"I would have liked to run about 20 or 30 seconds faster, but that's always going to be the case.

Eric Gillis, the fastest Canadian man in Sunday's marathon who finished in a time of 2:11.31

IN PICTURES

Top left: Lanni Marchant was the fastest Canadian female marathoner.
Bottom left: Several runners went beyond typical athletic attire.
Bottom middle: Approximately 26,000 participants took part in the 5K, half-marathon and marathon races.
Bottom right: Ishhimael Chemton of Kenya won the men's marathon.

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Winnipeg's Dustin Byfuglien (33) scrums with St. Louis' Scottie Upshall and Jay Bouwmeester. TREVOR HAGAN/THE CANADIAN PRESS

NHL

Red-hot Blues beat Jets, move to 5-1-0

Vladimir Tarasenko scored twice as the St. Louis Blues downed the Winnipeg Jets 4-2 Sunday.

Tarasenko's second goal of the game — and fifth of the season — proved to be the winner as the dynamic forward fired a shot past Jets goaltender Ondrej Pavelec and into the corner of the net on a delayed penalty late in the third period.

Scottie Upshall and Carl Gunnarsson also scored for the Blues (5-1-0), who extended their winning streak to four games. Nikolaj Ehlers and Mathieu Perreault had goals for the Jets (4-2-0).

Brian Elliott made 26 saves for his fourth win of the year.

Pavelec turned aside 37 shots, picking up his second loss.

THE CANADIAN PRESS

IN BRIEF

Aussies nip Scotland at Rugby World Cup

Bernard Foley kicked a last-minute penalty goal to rescue Australia's Rugby World Cup campaign with a 35-34 win over a plucky Scotland on Sunday in London, and knock out the last northern hemisphere team.

The Australians trailed 16-15 at halftime despite scoring three tries to one, and crossed for two more tries to lead 32-24 with 15 minutes to play. THE ASSOCIATED PRESS

Logano sends Kenseth spinning, wins Chase race

Joey Logano kept peeking around Matt Kenseth at the Kansas Speedway, late in the Chase for the Sprint Cup championship. Logano had nothing to lose. Kenseth had just about everything. Logano sent Kenseth spinning across the track with about five laps left. The Penske Racing driver then pulled away on the final restart to win his second straight Chase race.

THE ASSOCIATED PRESS

Broncos still perfect but Manning shaky

NFL

QB fires three picks, but still beats Browns

Again far from perfect, Peyton Manning still kept Denver's record pristine.

Manning shook off three interceptions, including one early in overtime, and drove Denver's offence in range for Brandon McManus to kick a 34-yard field goal with 4:56 left, giving the unbeaten Broncos a 26-23 win over the Cleveland Browns on Sunday.

Manning took the Broncos from their 12 to the Cleveland 16 before McManus kicked his game-winner to make Denver 6-0 for the seventh time in franchise history.

"We're not playing as well as we would like but we're playing well enough to win," Manning said.

Denver's win would not have been possible without the Broncos' top-ranked defence, which came up huge in overtime and has carried the team — and the 39-year-old Manning — during the club's unblemished start.

After Manning's third pick, Denver recorded a tackle behind the line of scrimmage and then had two consecutive sacks of Josh McCown to push the Browns (2-4) out of field-goal range.

"Obviously that's not a good situation to put the defence in, but they got a couple of sacks and gave us a chance," said Manning, who has seven TD passes and 10 interceptions this season. "I'm not having a ton of breaks. I won't be going to Vegas for my bye week. I'm not feeling really lucky."

But Denver's defence bailed him out, and given another chance in overtime, Manning took over. He completed 4 of 4 passes for 39 yards on the last drive. Manning finished 26 of 48 for 290 yards and the one TD, a 75-yarder to Emmanuel Sanders. The score came seconds after the Browns had taken their only lead on Karlos Dansby's 35-yard interception return for a TD.

THE ASSOCIATED PRESS

Peyton Manning fires a pass against Cleveland. ANDREW WEBER/GETTY IMAGES

AROUND THE NFL SUNDAY

Saints 31, Falcons 21
Bengals 34, Bills 21
Broncos 26, Browns 23
Lions 37, Bears 34
Texans 31, Jaguars 20
Vikings 16, Chiefs 10
Jets 34, Redskins 20
Steelers 25, Cardinals 13
Dolphins 38, Titans 10
Panthers 27, Seahawks 23
Packers 27, Chargers 20
49ers 25, Ravens 20
Patriots at Colts
Monday: Giants at Eagles

Toronto's Anthony Bennett rises up to shoot in the Raptors' penultimate game of the pre-season on Sunday against the Cavaliers. MELISSA RENWICK/TORSTAR NEWS SERVICE

Closing in on an answer

NBA PRE-SEASON

Starting five close to being finalized after Raps top Cavs

Teams have been set back and torn apart by petty jealousies, indecisiveness from coaches and the lack of a clear-cut message on who does what.

It's what Raptors coach Dwane Casey calls the "backup quarterback controversy" and vows it's not going to happen with his team.

"It's not going to be a backup quarterback controversy," Casey said of his starting power forward, the one big roster decision yet to be made. "It will be solidified.

"Whether it's on the first unit or the second unit, guys have to do their jobs."

Casey insists it's not a "competition" as much as it is "fit" that will determine who starts alongside Kyle Lowry, DeMar DeRozan, DeMarre Carroll and Jonas Valanciunas when things start for real Oct. 28.

> **We're getting closer to it, we're getting a good feel for it.**
>
> Raptors coach Dwane Casey, who has yet to decide on a starting power forward for next week's season opener.

His choice would seem to be narrowed to either veteran Luis Scola or Patrick Patterson, different enough players to give the Toronto starting unit a different look.

Scola made his first start of the pre-season Sunday as the Raptors registered an 87-81 win over the Cleveland Cavaliers.

There's not too much to be read into that, however. Patterson has started four games, Anthony Bennett was the starter Tuesday in Ottawa and Casey has yet to decide who'll start the final pre-season game in Montreal on Friday.

Scola finished with eight points and three rebounds in 15 minutes, Patterson looked more aggressive taking three-pointers and finished with five points. The other candidate for power forward minutes, Bennett, finished up the game and had nine points as Toronto's pre-season record ran to 4-2.

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RECIPE Lentil Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the meat in this earthy, zesty vegetarian dinner.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1/2 cup brown lentils
- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth
- Salt and pepper to taste

Toppings: grated cheddar cheese, chopped cilantro, salsa, sour cream or Greek yogurt.

Directions

1. In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.

2. Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.

3. Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

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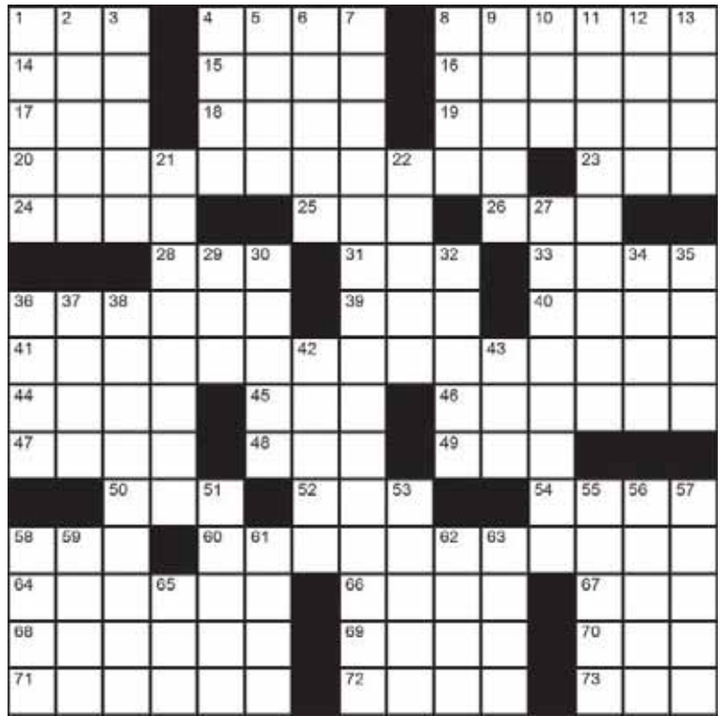
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pertinent
4. Marx Brothers musical instrument
8. Billy __ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and __-__
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short
52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey __ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person
72. French pronoun
73. Traveller's accommodation

DOWN
1. Taper off
2. "Doctor Zhivago" (1965) character
3. Carpet: French
4. Answer-needer's aid
5. "_ __ in the Life" by The Beatles
6. Fix the stitchwork
7. Voting Day 2015... One-of-some the party leaders faced off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of __ (Pharmacy item)
29. __ Diego
30. Soar
32. Basketball-in-basket sound
34. And __ __ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. __ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. __-friendly
62. Whirl
63. BC-mined stone
65. Soak flax

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

Taurus April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

Gemini May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

Cancer June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

Leo July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

Virgo Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

Libra Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

Scorpio Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

Sagittarius Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

Capricorn Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

Aquarius Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

Pisces Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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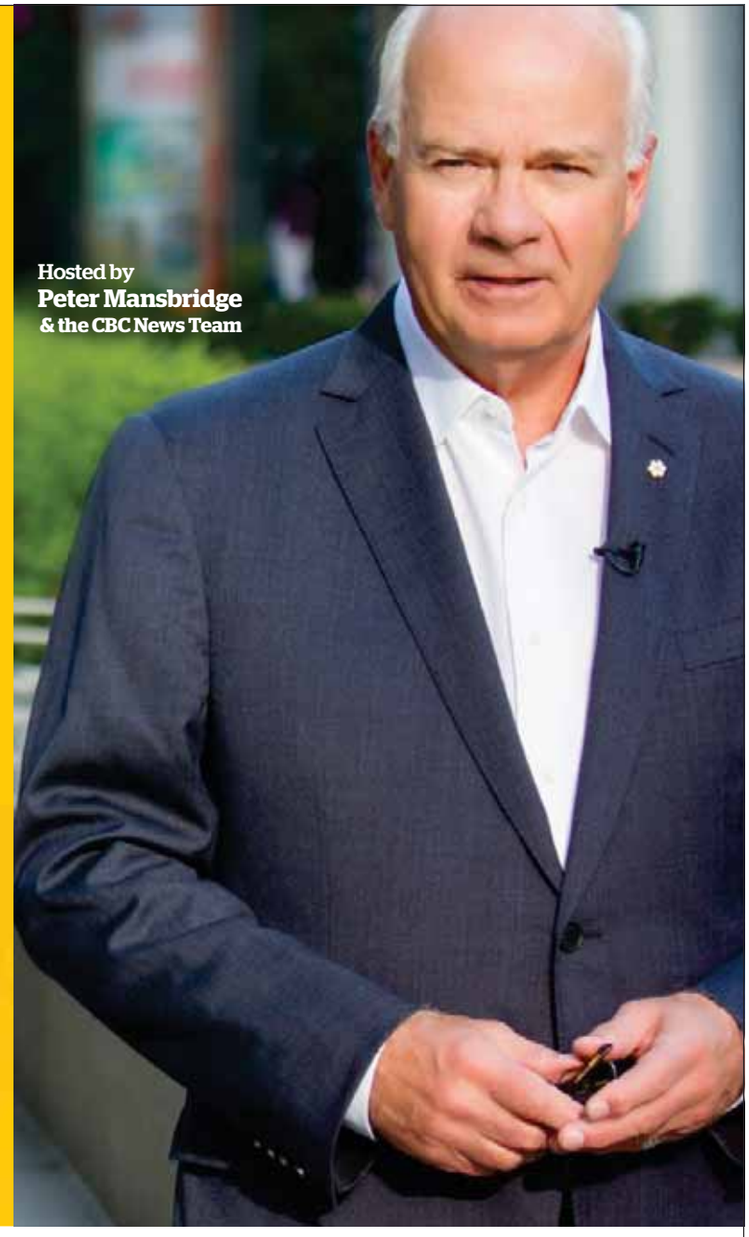

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